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A N  
A L A R M  
T O  
A L L P E R S O N S

Touching their  
H E A L T H and L I V E S:  
O R,

A D I S C O V E R Y of the most shocking, pernicious,  
and destructive Practices made use of by many  
in this Kingdom, who make and sell divers  
Kinds of Eatables and Drinkables; whereby  
Many languish in their Health, and lose their  
Lives; founded on Verity and Facts.

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By J A S P E R A R N A U D,  
Sometime past first Cook to the late Duke of Orleans,  
and now for some Time Cook in London.

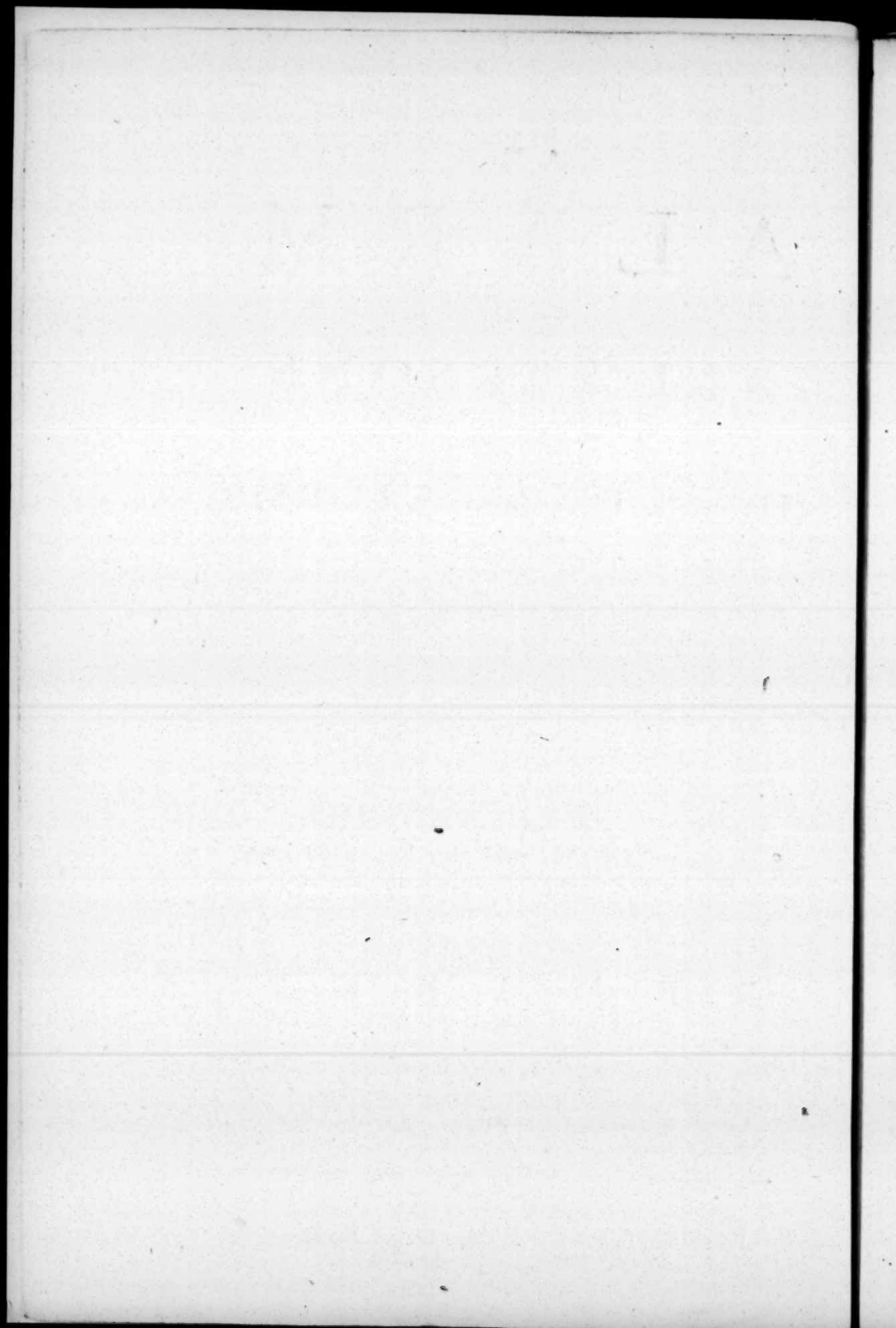
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To which are added,  
R E M A R K S  
O N

The Nature of the destructive Ingredients made use  
of in the abovesaid Practices in Relation to H E A L T H:  
Communicated to the Author by a Learned Phy-  
sician.

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A N  
A L A R M  
T O

All Persons touching their  
HEALTHS and LIVES.



BEFORE I lay open the  
Scene I intend, I declare  
I have no Prejudice to any  
one Person. I acknow-  
ledge the Obligation I lie under for  
the Liberty I enjoy at present in  
this Country, the Paradise of the  
World. I admire the Humanity and  
Hospitality I find in *England*; and  
B am

am fully sensible that this Country excels all others in all Things praiseworthy, which makes me the more regret to find such Enormities acted, of which I am to speak, and which if done in other Countries would be punished with Death. I am far from charging Persons in general with being guilty of the Crimes I mention; but can affirm there are some that are so, which indeed is Matter of great Trouble to me, as it must be to all honest Men. The Guiltless will not take amiss what I shall say, and the Guilty are left to do as they please. As I do not understand the Nature of certain Ingredients I shall have Occasion to mention, I applied myself to an eminent and candid Physician, that I might have of him some Notes or Remarks on their Nature touching Health, which are herein inserted, as communicated by that Gentleman. Besides the enormous Practices destructive to Health and Life,



Life, I shall mention some fraudulent ones that relate to the Pocket, which may serve to guard Persons against the same; all which I heartily wish may have the Effect I propose.

1. The first Thing I would take notice of, is an ill Practice exercised by some, of cutting off the Outside of Meat when it is almost stinking, and then rubbing the same with Blood, to make it look fresh, and pass for good Meat.

### The Doctor's REMARKS.

Dead Animal Bodies in a putrified State, are poisonous, therefore unsafe to eat.

2. There are some who cry Meat in the Streets, that is the Product of Cattle that have died themselves of some Disease.

R E M A R K.

Morbid or diseased Bodies are, no doubt, unsafe to eat, for they may prove noxious or poisonous.

3. Punch, This Compound is made by some ill People, by mixing Oil of Vitriol with the other Ingredients, instead of Lemons.

R E M A R K.

This being a Mineral violent Acid, may stimulate the Guts or Intestines very much, and thereby subject the User to Cholics, which the Lemon, a more mild vegetable one, may not so much.

4. Stale Beer, This by some is made stale not by keeping, but by putting to it Oil of Vitriol likewise,  
whence

whence may arise the abovesaid Evils to Health.

5. Ale, how some ripen it : ---  
There are some ill Men who make *Newberry* Beer, *Welsh* Ale, and *Nottingham* Ale seem ripe in Bottles, by putting into it some Salt of Tartar or Pot-ashes, and then adding some Oil of Vitriol, which meeting together raise what is called a Ferment, and make it froth and seem ripe.

The last two Remarks may mostly serve here.

6. Fish that is grown stale is usually soaked a little in Water, and washed by some, and then laid on the Shop-board for Sale.

The Remarks on the first serve here.

7. Some



7. Some People err very much in *England*, in over-cramming Fowls.

#### REMARK.

An over Quantity of Victuals may render an Animal diseased, as we know it so happens as to Aliments in Persons.

8. Some People are so fordid and dishonest as to give Hogs to eat putrid Blood, and stale Cow's Guts, and putrid Flesh.

The Remark on the first serves here, to which this Caution may be added, *viz.* Sows in particular ought not to be suffered to go loose about, because they will eat every nasty Thing, as Carrion, &c. of which the Royal Society were sensible, when they cut off the Head of a Rattle-snake, and gave it to a Sow  
to



to eat while gasping, in order to see where lay the Poison of that dangerous Creature.

9. There are some People base enough to make Black Puddings of any Blood they can get, and the smaller Cows Guts.

10. I have often observed that the Wild Fowls, and often other Fowls, cried about the Streets, have lain so long on the Poulterers Boards, till they can lie no longer, and then are fetched away by Men dressed like Countrymen to be cried.

The Remark on the first serves here.

11. When Eggs are grown stale, some wash them in Water, to make them look fresh and new laid. If Eggs are suspected to be stale, it is best  
to

to hold them up to a good Light of a Candle, and if they are so, they will look muddy, thick, and not clear like good ones. Some will mix with their Parcel Eggs that the Hen has sat on, which are very putrid.

#### REMARKS.

If Eggs are covered with a proper Varnish, they may be transported to the *Indies*, and there produce Chicks ; or they will be kept good two Years, by being laid in a Rivulet under running Water ; which Precautions exclude the Air from them, which is the Cause of Putrefaction, and which is evident from the Experiments of putting several Sorts of Eatables into the Glass Receiver of the Air Pump, where roasted Beef, Rabbit, &c. will be kept good half a Year ; and Summer Fruits may be kept  
good,

good, and produced at *Christmas*, to the Wonder of Persons not acquainted with such Things.

12. When Lobsters or Crabs are grown stale or stink, some boil them gently a second, or even a third Time ; others keep them alive so long, that they are in a great Measure consumed, and then boil them.

#### REMARK.

If these Fish are in a putrid or stinking State before boiling, they are unfit to be eaten, although boiled anew ; for though they are somewhat mended thereby, yet they are in an unwholesome State.

13. I can assure my Readers, that I have known a Cook of some Repute in *London*, to use some Sir-



reverence in a Sauce to give it a Taste; On this every one may make his own Remarks.

14. Some have a Custom of rubbing Fowls with Flour, to make them look white; This is a Fraud relating to the Pocket.

15. Some there are that mix a good deal of Lime with Sugar, and use therein rotten Eggs, which is what makes it so hard to be broke.

#### REMARK.

Lime taken into the Body may, no doubt, be very hurtful in several Respects; and as to those Eggs, some of the Notes heretofore given may serve the Turn.

We



We would add a Remark here of another Nature, which may be of use to some, *viz.* Two Sugar-Bakers went to *Barbadoes*, at different Times, with an Intent to make a Fortune there, by refining Sugar, who both returned frustrated in their Hopes, they being not able to do it to Satisfaction; the Nature of the Place and Climate not admitting of that Work there, which may caution others here not to lose their Labour.

17. Cinnamon. It is, the Doctor informs me, a knavish Practice among some to put Cinnamon into the Alembic or Still with Water, and to distil so long, till about half its Oil arises out, and then to dry it, and sell it for good Cinnamon: This is a Fraud relating to the Pocket.

18. The same is done with Cloves.

19. There are some again who mix Whiting in making Bread, which is the Cause of having our Bread to be dry so soon.

R E M A R K.

Whiting has in it both Size and Alum, the last of which is not an Ingredient to be played with, and the first is Leather boiled to a Jelly, which afterwards by standing putrifies, and stinks, as we see Walls do that are just sized.

20. The Doctor informed me, that That which is called by some Raisin Brandy, is only Melasses Spirits drawn somewhat higher.

21. And

21. And that called by some Apple Brandy, is only weak Malt Spirits put into Cyder Casks.

22. And that the finest Rum is made of the Sugar Canes, and the other Sort of the Drofs or Treacle.

23. And that some that make Ufquebaugh, do it by mixing only any common burning Spirits with Water, and then stirring therein, with a Spatula or Stick, Raifins beat in a Mortar.

24. And that some imitate the *French* Brandy, and fell it for such, by distilling common Malt Spirits from Raifin-stalks several Times, and then bringing it down to the usual Strength with Water; or they mix with a Gallon of common Meloffes an Ounce of what they call sweet Spirit of Nitre, which



which Spirit, the Doctor informed me, is basely made by them for that Purpose, by mixing *Aqua-fortis*, with common burning Spirits, and setting them over some Heat.

25. And that a good deal of the Sallad Oil sold by some is adulterated with Rape-feed Oil.

26. And that Vinegar, sold by many, is only four small Beer, which, when many Retailers have it, they put to one Gallon of it two or three Gallons of Water; This Vinegar, the Doctor informed me, is full of live Creatures, which may be seen by the Eye, without magnifying Glasses; wherefore he said that those that use such Vinegar would do well to heat it before using, that such Animals may be killed thereby.

It



It may not be amiss here to inform my Readers, that the Doctor also told me, that there are likewise live Creatures in Brandy; wherefore it would do well to heat it also.

27. I have known some base enough to use common Vitriol, of which Oil of Vitriol is made, to make Cucumbers look green that are pickled: There are certainly innocent Things that would do this, which I have done myself.

28. I have observed some to make their Jellies of Currants of Apples coloured, adding a little Jelly; which is a Fraud upon the Pocket.

29. There are sold frequently eatable Things, as Gingerbread,  
Images

Images of Sugar, &c. having on them what People imagine to be Gold Leaf; which, the Doctor assures me, is Copper beat out in Imitation of it, which is a dangerous Thing to eat.

#### R E M A R K.

We have found it to be so, by trying to dissolve it by the proper Menstruums, or dissolving Liquors, and by examining the specific Gravity: No doubt this is a very enormous Practice; Copper being a very improper Ingredient to enter the Stomach.

30. Some there are who use the Seeds of bitter Apples in brewing Drink, instead of Hops.

## REMARK.

This is the Seed of what is called the *Colocynth*, well known in Physick, an harsh and coarse Purge.

31. There are some who have a Trick of bleeding Calves frequently and largely, to make the Veal look white; and also lay them Chalk-stones to lick, for the same Purpose; a Practice which I never saw in other Countries, where they content themselves with the natural Colour of the Meat, without any unwarrantable Arts.

32. I have discovered that some in making coloured Sweatmeats are base enough to colour them yellow with what is called *Masticot*.



R E M A R K.

Upon an Examination of this Thing, it will be found to be Lead calcined to a Yellowness ; which is a very improper Thing to be taken down into the Stomach.

33. Some again colour red with Vermillion or Red Lead.

R E M A R K.

Vermillion is what is called factitious Cinnabar ; a mercurial Preparation, which is not to be played with, nor used by any, unless by those in the Practice of Physick. Red Lead is likewise highly unsafe ; or if they use native Cinnabar it is also mercurial.

34. Some are base enough to colour green with Verdigrease.

R E -



R E M A R K.

Verdigrease being the Product of Copper, reduced to a Rust by the Husks of the Grape, is an Ingredient highly hurtful, if not poisonous, and destroys the Workmen who paint with it, without taking it down into the Stomach.

35. Some colour yellow with Gamboge dissolved in Spirit of Wine.

R E M A R K.

Gamboge is fitter for using in painting in Water-Colours, than to be taken into the Body ; it is violent both by Vomit and Stool, and by its Acrimony occasions an insupportable Drought in the Throat ; wherefore all Persons ought to be-

ware how they play Tricks with it.

35. Coffee, This by some is adulterated many Ways, *viz.* some roast with it Pease, or Horse Beans, and grease it with cheap Butter; others do not roast it above half enough, that it may weigh the more; but then it is of an unpleasant Taste: These are Frauds on the Pocket.

36. Chocolate, This some do not roast near enough, that it may weigh the more, and grind therewith Flour; which is a Fraud also on the Purse.

37. Tea, Some dissolve *Japan* Earth in hot Water, and mix with *Bohea* Tea, whence it gives a higher Colour in drawing.

## R E M A R K.

That called *Japan* Earth is *Catechu*, an inspissated Juice from the *Indies*, used to cure Fluxes of the Belly, and Catarrhs, but not to be played withal.

38. Green, This by some is mixed with some other dried Herbs, which they think will be least discovered ; a Fraud on the Purse.

39. Wine, In this there is a sad Adulteration by some, and chiefly in the Port, which is mostly called for here, and so much in use, that *Portugal* itself cannot supply half what is wanted, and who will not let *England* have their whole Product neither. In many Inns in the Country there is only found a compound Wine, made or brewed by  
Artists



Artists in *London*: Red is made of some White Wine, some Cyder, some Meloffes Spirits, and coloured with Juice of Sloes: If White be scarce, it is made of Cyder and Meloffes Spirits; which are Frauds relating to the Purse: But what touches Life and Health, is a bold and shocking Practice, exercised by some, in clarifying Wines with Ratsbane and White Lead.

#### REMARK.

Ratsbane or Arsenic needs no Comment, every one knows its direful Effects: White Lead contains in it an arsenical Principle, and is near as destructive as the Ratsbane, and which Ingredient destroys the Workmen that make it, and those that paint with it.

40. There is a Drink sold that is called Two-penny, which by some ill People is sometimes mixed with *Indian Cockles*, which makes this Drink get sooner up into the Head, and intoxicates the Drinker, which, the Doctor tells me, is very dangerous.

#### REMARK.

The *Coculæ Indicæ* are of a poisonous Nature, and of much the same Kind as *Nux Vomica*, *Semina Hyosciami*, and *Staphidis Agriæ*, all dangerous Things.

*Thus far the Doctor's* REMARKS.

I have now gone through the Discoveries I proposed, in which I have kept up to Truth and Facts : The best Way to avoid splitting on any such Rocks, is to apply ourselves

selves for what we want to Persons  
of known Credit and Honesty, and  
to employ such about those Things  
that relate to Eatables and Drink-  
ables.

I wish heartily it may have the  
End I propose, for thereby I shall  
receive great Satisfaction.

F I N I S.







